












Food Guide for Infants

Food Group	Birth to 3 months	4 months to 6 months	6 months to 8 months	Remember to....
Breastmilk	Breastfeed about 8-12 times per 24 hours	Breastfeed about 7-9 feedings in 24 hours	Breastfeed about 4-6 feeding in 24 hours	<ul style="list-style-type: none"> Continue to breastfeed as long as you and your baby desire Your baby's bottle is for breastmilk, formula or water NOT juice Babies need breastmilk or iron-fortified formula for the first year of life. Avoid cow's milk until the age of 12 months <p>When Starting Solids:</p> <ul style="list-style-type: none"> Add one new food at a time Wait at least 3-5 days until you introduce a new food. That way if your baby has a reaction, you will know which food caused it <p>How many Tablespoons are in Jarred Baby Food</p> <p>5 Tbsp =  2.5 oz</p> <p>8 Tbsp =  4 oz</p> <p>12 Tbsp =  6 oz</p>
Iron-Fortified Formula	0-1 mo: 18-24 oz/day 1-2 mo: 22-28 oz/day 2-3 mo: 24-32 oz/day 3-4 mo: 24-40 oz/day	4-5 mo: 25-40 oz/day 5-6 mo: 25-45 oz/day	24-32 ounces/day Offer Cup	
Fruits 	None	None	Fresh or cooked mashed bananas, applesauce and jarred fruits Approximately 4-8 tablespoons a day Avoid fruit desserts 100% Fruit juice with vitamin C in child size up 4-6 oz per day	
Vegetables 	None	None	Jarred or cooked, mashed squash, peas, green beans, carrots, sweet potatoes, and spinach Approximately 4-8 tablespoons per day	
Proteins 	None	None	Meats or poultry: plain, chopped, ground, jarred (avoid dinner combos) Approximately 1-6 tablespoons per day Plain yogurt Approximately 2-4 tablespoons per day	
Grains 	None	None	All varieties of iron-fortified cereal (by spoon) mixed with breastmilk or formula Approximately 4-8 tablespoons per day If ready slowly introduce crackers, dry unsweetened cereals, and toast Approximately 2 serving per day	
Water	None	None	4-8 oz per day	

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Food Group	8 months to 10 months	10 months to 12 months	Remember to....
Breastmilk	Breastfeed about 4 times in 24 hours	Breastfeed about 2-4 times in 24 hours	<ul style="list-style-type: none"> If you choose to give your baby juice, offer 100% juice, from a cup, in small quantities, diluted with water <p>AVOID CHOKING HAZARDS:</p> <ul style="list-style-type: none"> Hot Dogs Peanut Butter Whole Grapes & Berries Nuts/Seeds/Raisins Popcorn Candy <p>AVOID HIGH FAT/SUGAR FOODS:</p> <ul style="list-style-type: none"> Fast Food & French Fries Sweetened Drinks (Fruit Punch, Vitamin Water, Powerade, Gatorade, Hi-C, Capri Sun, Kool-Aid) Snack (Cheetos and Chips) Candy & Cakes <p>Weaning from the Bottle</p> <ul style="list-style-type: none"> Between 12-14 months Gradually wean Try diluting the milk in the bottle and offering the full milk in a cup. <div data-bbox="1562 1253 1845 1360" data-label="Image"> </div> <p>U.S. Department of Agriculture Center for Nutrition Policy and Promotion www.choosemyplate.gov USDA is an equal opportunity provider and employer 150 copies of this public document were published at an estimated cost of \$0.80 per copy, for a total cost of \$120.00.</p>
Iron-Fortified Formula	24-32 oz/day Offer Cup	16-24 oz/day Offer Cup	
Fruits 	Peeled, soft, fresh fruit or fruit canned in water or juice such as bananas, pears, and peaches Soft bite-sized pieces, no seeds Approximately 4-8 tablespoons a day	All peeled, soft, fresh fruits including melons, mangos and pineapple Canned fruit in water or juice Soft bite-size pieces, no seeds Approximately 1/2 cup per day	
Vegetables 	Cooked/mashed/chopped or soft bite-sized pieces (any vegetable) Approximately 4-8 tablespoons a day	Cooked, mashed, chopped or soft bite-sized pieces (any vegetable) Approximately 1/2 cup per day	
Protein 	Cooked, soft, chopped, ground meat, poultry or fish Cooked beans, lentils, tofu or egg yolk Cottage cheese and yogurt Approximately 1-6 tablespoons a day	Ground, chopped or bite-sized pieces of lean meat, poultry or fish Cooked beans, lentils, tofu and egg yolk Cottage cheese and yogurt Approximately 1/2 cup per day	
Grains 	Any variety of plain or mixed boxed infant cereal Approximately 4-8 tablespoons a day Unsweetened dry cereal, toast, crackers, and soft bread Up to 2 small servings per day	Whole grain, unsweetened, dry cereal, toast, crackers, breads, rice, noodles or other grains Approximately 2-3 small servings a day	
Water	4-8 oz per day	4-8 oz per day	